What is Claimed is:

1. A composition comprising a first oligomer and a second oligomer, wherein:

at least a portion of said first oligomer is capable of hybridizing with at least a portion of said second oligomer,

at least a portion of said first oligomer is complementary to and capable of hybridizing with a selected target nucleic acid, and

at least one of said first or said second oligomers includes a 3' terminal cap.

2. The composition of claim 1 wherein said first and said second oligomers are a complementary pair of siRNA oligomers.

3. The composition of claim 1 wherein said first and said second oligomers are an antisense/sense pair of oligomers.

4. The composition of claim 1 wherein each of said first and second oligomers has about 10 to about 40 linked nucleosides.

5. The composition of claim 1 wherein each of said first and second oligomers has about 18 to about 30 linked nucleosides.

6. The composition of claim 1 wherein each of said first and second oligomers has about 21 to about 24 linked nucleosides.

7. The composition of claim 1 wherein said first oligomer is an antisense oligomer.

8. The composition of claim 7 wherein said second oligomer comprises a sense oligomer.

9. The composition of claim 7 wherein said second oligomer has a plurality of ribose nucleoside subunits.

10. The composition of claim 1 wherein said first oligomer includes said 3' terminal cap.

11. The composition of claim 10 wherein said 3' terminal cap comprises an abasic nucleoside.

12. The composition of claim 10 wherein said 3' terminal cap is linked to said first oligomer with an inverted linkage.

13. The composition of claim 12 wherein said inverted linkage is a 3'-3' linkage.

14. The composition of claim 1 wherein each of said first and said second oligomers include a 3' terminal cap.

15. The composition of claim 14 wherein each of said 3'-terminal caps comprises an abasic nucleoside.

16. The composition of claim 14 wherein each of said 3' terminal caps is linked to one of said first and said second oligomers with an inverted linkage.

17. The composition of claim 16 wherein said inverted linkage are 3'-3' linkage.

18. A composition comprising an oligomer complementary to and capable of hybridizing to a selected target nucleic acid and at least one protein, said protein comprising at least a portion of a RNA-induced silencing complex (RISC), and wherein said oligomer includes includes a 3' terminal cap.

19. The composition of claim 18 wherein said oligomer has about 10 to about 40 linked nucleosides.

20. The composition of claim 18 wherein said oligomer has about 18 to about 30 linked nucleosides.

21. The composition of claim 18 wherein said oligomer has about 21 to about 24 linked nucleosides.

22. The composition of claim 21 wherein said 3' terminal cap comprises an abasic nucleoside.

23. The composition of claim 21 wherein said 3' terminal cap is linked to said oligomer with an inverted linkage.

24. The composition of claim 21 wherein said 3' terminal cap comprises an abasic nucleoside linked to said oligomer with an inverted linkage.

25. The composition of claim 24 wherein said inverted linkage is a 3'-3' linkage.

26. An oligomer having at least a first region and a second region, wherein:

said first region of said oligomer is complementary to and capable of hybridizing with said second region of said oligomer,

at least a portion of said oligomer is complementary to and capable of hybridizing to a selected target nucleic acid, and

said oligomer further including a 3' terminal cap.

27. The oligomer of claim 26 wherein each of said first and said second regions has at least 10 nucleosides.

28. The oligomer of claim 26 wherein said first regions in a 5' to 3' direction is complementary to said second region in a 3' to 5' direction.

29. The oligomer of claim 26 wherein said oligomer includes a hairpin structure.

30. The oligomer of claim 26 wherein said first region of said oligomer is spaced from said second region of said oligomer by a third region and where said third region comprises at least two nucleosides.

31. The oligomer of claim 26 wherein said first region of said oligomer is spaced from said second region of said oligomer by a third region and where said third region comprises a non-nucleoside region.

32. A pharmaceutical composition comprising the composition of claim 1 and a pharmaceutically acceptable carrier.

33. A pharmaceutical composition comprising the composition of claim 18 and a pharmaceutically acceptable carrier.

34. A pharmaceutical composition comprising the oligomeric compound of claim 26 and a pharmaceutically acceptable carrier.

35. A method of modulating the expression of a target nucleic acid in a cell comprising contacting said cell with a composition of claim 1.

36. A method of modulating the expression of a target nucleic acid in a cell comprising contacting said cell with a composition of claim 18.

37. A method of modulating the expression of a target nucleic acid in a cell

comprising contacting said cell with an oligomeric compound of claim 26.

38. A method of treating or preventing a disease or disorder associated with a target nucleic acid comprising administering to an animal having or predisposed to said disease or disorder a therapeutically effective amount of a composition of claim 1.

39. A method of treating or preventing a disease or disorder associated with a target nucleic acid comprising administering to an animal having or predisposed to said disease or disorder a therapeutically effective amount of a composition of claim 18.

40. A method of treating or preventing a disease or disorder associated with a target nucleic acid comprising administering to an animal having or predisposed to said disease or disorder a therapeutically effective amount of a composition of claim 26.